How to Stay in Your Power in ANY Situation Cheat Sheet

STEP #1: In your mind step back from the SITUATION and observe it.

What are the FACTS? What are you observing, witnessing? The FACTS are very basic: woman/man/person...talking/yelling/driving...



STEP #2: Ask yourself "What is FACT and what is my STORY about the FACTS?"

STORY makes it personal: woman talking disrespectful to me/man yelling at me/person driving too slow in front of me.



STEP #3: Check in with how you feel.

A STORY compels a negative EMOTION within you whereas FACTS feel neutral



STEP #4: Recognize the signs.

Fear based EMOTIONS induced by a STORY will trigger negative ENERGY in your body. Whereas FACTS feel neutral and do not create an EMOTIONAL or ENERGETIC response.



STEP #5: Plug the FACT into the SITUATION line of the STEAR Strategy

A. Choose your THOUGHT

B. Notice your EMOTIONS and ENERGY

C. ACT from your neutral or positive EMOTIONS and ENERGY

Here's an INSIDER TIP: In my mind I like to imagine stamping what I am observing with a big red "S" for SITUATION. This helps me to remember that I am Separate from the SITUATION and I have the Superpowers to get to choose what I want to THINK about the SITUATION which will determine my EMOTIONS and ENERGY which will drive my ACTION and net me a RESULT.

Stick to the FACTS. Let go of the STORY about the FACTS.

FACT versus STORY

FACT

What we observe outside of ourselves

It is separate from us Feels NEUTRAL

STORY

The STORY we tell ourselves IN our head about what we observe

Makes it personal - we make it mean something about us

Activates EMOTION

SITUATION

• SITUATION: is what is happening outside your head in the real world. FACTS. Verifiable by your senses - see it, hear it, touch it, smell it, taste it.

THOUGHT

• THOUGHT: the THOUGHT you choose to think about the SITUATION. The story you tell yourself about what has happened.

EMOTION & ENERGY

• EMOTION & ENERGY: the EMOTION and the positive or negative ENERGY that is triggered by the THOUGHT.

ACTION

• ACTION: the ACTION you take that is triggered by the EMOTION & ENERGY coursing through you. Could be ACTION, REACTION or IN-ACTION.

RESULT

• RESULT: the RESULT or consequence of your ACTION.

You are managing your mind to THINK on purpose to feel the EMOTIONS and ENERGY you want to feel to motivate the ACTIONS to get the RESULT you want in your life and relationships.

